



Friendship Heights

VILLAGE NEWS

FEBRUARY 2020

VOLUME 37, NO. 2

www.friendshipheightsmd.gov

301-656-2797



**Learn basic knitting
in a Saturday session,
see page 7.**

Get inspired at the American Craft Show in Baltimore

Get a great piece of art, a gift for a friend or just get inspired when we travel to Baltimore for the American Craft Show on **Friday, Feb. 21.**

Meet and shop from more than 600 of the best jewelry, clothing, furniture, and home décor artists from across the country—including a juried showcase of talented emerging artists.

Throughout the show you'll find 'Hip Pop' emerging artists in a five-year track that provides a supportive, cost-effective pathway for artists just starting their career. The Let's Make



program features a variety of local artisans who provide demonstrations, tastings, and hands-on activities.

We'll depart from the Village Center at 9 a.m. and should return by 4 p.m.

The cost of the trip is \$49 and includes round-trip transportation and admission to the show. Lunch is on your own. There are food concessions and tables and chairs within the show at the Baltimore Convention Center.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Feb. 5. The deadline to register for this trip is Tuesday, Feb. 18.

Bipartisan fun with the Capitol Steps

Now in their 39th year of entertaining audiences of all political stripes, the Capitol Steps will make you smile and laugh as they poke fun at our political leaders with their zany parodies and musical skits. Each Friday and Saturday night, the talented performers stage their show at the Ronald Reagan Building in Washington, D.C.

Join us when we catch an evening performance of the Capitol Steps on **Friday, March 20.** We'll depart from the Village Center at 5:45 p.m., in time for the 8 p.m. curtain, and should return by 10:30 p.m.

The melodies are familiar, but the words are specifically penned to distill our State of the Union into comedic soundbites. No one is spared! The talented cast inhabit various



personalities, including the President, the Speaker of the House, the Senate Majority Leader, presidential candidates, and so many others. It's hard to keep track of the daily changes in Washington, but the Capitol Steps do their best. Songs are retired and new material written every week to keep up with the hectic pace of Washington and world events.

The musical comedy troupe was born in December 1981, when a group of Senate staffers working for Senator Charles Percy set out to satirize

Is music a type of fountain of youth?

Research has shown that listening to music can reduce anxiety, blood pressure and pain, and improve sleep quality, mood, mental alertness, and memory. Music, according to one Johns Hopkins otolaryngologist, is a great tool for keeping the brain engaged as we age.

Learn how playing or just listening to music can help to keep your brain young when Marsha Goodman-Wood presents "Music and the Aging Brain," on **Wednesday, Feb. 5, at 1 p.m.,** at the Village Center.

Goodman-Wood studied cognitive neuroscience at Columbia College, Columbia University and did her graduate work at the University of Missouri.

Continued on page 5, see Satire

Continued on page 5, see music

Addressing rental issues, see page 2.



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MC Renters Alliance director answers rental questions

Montgomery County Renters Alliance Executive Director Matthew Losack will discuss rental issues during a talk on **Monday, Feb. 10, from 3 to 4 p.m.**, at the Village Center. Losack will also address price control, pending legislative proposals and the question of renting vs. buying a condominium—a concern when transitioning to retirement and aging.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighbors Network. The event is free. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights.

ADVERTISING

The deadline for reserving space in the March issue is February 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Council approves weekend shuttle bus trips to Westbard Giant grocery store



Following a lengthy public discussion at the January 13 Village Council meeting, the Council authorized a change in the Village shuttle bus schedule to have the bus go to the Giant grocery store at the Westwood Shopping Center on weekends beginning January 18. The Council had heard from a number of residents asking for this change in the wake of the closing of the Giant at the Chevy Chase Center. As reported previously, a new

grocery store is expected to open there later this year.

In the interim, the Village bus is making trips to the Westbard Giant on Saturdays and Sundays continuously from 8 a.m. to 7 p.m., along with stops at the Friendship Heights Metro, Whole Foods, and residential buildings. The weekday bus schedule remains unchanged, including the stop at the Chevy Chase Center near the closed Giant store.

Other actions taken at the January 13 Council meeting:

- Introduced draft Village budget for FY 2021
- Approved proposal from GreenSweep for landscape maintenance contract for 2020–2023.
- Approved proposal from Trash Away for trash removal contract.


The next Council meeting, open to the public, will be Monday, February 10, at 7:30 p.m. at the Village Center.

Please remember Friendship Heights!

Our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2021 Proposed Budget contained in the Council's 2019 Annual Report, goes directly into services benefiting Village residents. Take special care to mark your tax return as shown below.

Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights! By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to us.

When you file your Maryland income tax return, please remember to put Friendship Heights under "Maryland Political Subdivision" and 1621 for the "4-Digit Political Subdivision Code" to ensure the Village receives our share of the state income tax.

MARYLAND FORM 502	RESIDENT INCOME TAX RETURN		2019
		195020049	\$
OR FISCAL YEAR BEGINNING _____ 2019, ENDING _____			
Your Social Security Number _____		Spouse's Social Security Number _____	
Your First Name _____		MI _____	
Your Last Name _____			
Spouse's First Name _____		MI _____	
Spouse's Last Name _____			
Current Mailing Address Line 1 (Street No. and Street Name or PO Box) _____			
Current Mailing Address Line 2 (Apt No., Suite No., Floor No.) _____		City or Town _____	State _____ ZIP Code + 4 _____
REQUIRED: Maryland Physical address of taxing area as of December 31, 2019 or last day of the taxable year for fiscal year taxpayers. See Instruction 6. Part-year residents see Instruction 26.			
1621	Friendship Heights		
4 Digit Political Subdivision Code (See Instruction 6)	Maryland Political Subdivision (See Instruction 6)		

Celebrate the new year by learning Chinese

Capitol Mandarin, a division of Manhattan Mandarin which offers a wide range of Chinese classes, will host a free demonstration of children's Chinese language and programming on **Saturday, Feb. 1, from 10 a.m. to 12 p.m.** Join us for a fun morning of immersive learning and celebrate the Year of the Rat.

This free session will be a preview of potential upcoming weekend children's classes.

Learning Mandarin Chinese, often referred to as one of the world's most difficult languages, doesn't have to be tedious or hard. Capitol Mandarin specializes in teaching students of all ages through upbeat and effective techniques. Games, activities and immersive lessons are incorporated into the language classes.

The schedule is as follows:

10 to 10:20 a.m.: Mommy and Me class highlights:

Features a sing-along and a game in Mandarin Chinese followed by storytime read bilingually.

10:30 to 10:50 a.m.: Kids Mandarin (ages 5 to 8):

Begins with an active warm-up followed by a vocabulary lesson and an immersive game.

11 to 11:20 a.m.: Chinese New Year activity for all ages: Features a reading of the folklore behind the Chinese New Year and a short arts and crafts project celebrating the Year of the Rat.

11:30 to 11:50 a.m.: Kids Mandarin (ages 8 to 10):

Starts with an active warm-up, followed by learning how to introduce yourself and finishes with a game.

11:45 a.m. to 12 p.m.: Adult Mandarin Q&A: Adults are welcome to join for refreshments and a discussion about the benefits of learning Mandarin as an adult.

The event is free, but please RSVP at 301-656-2797 to let us know which sessions you plan to attend.

Tech Tips from a pre-teen

Many say the best source for information on all things tech is a grandchild or the neighborhood kid who is barely old enough to ride a bike.

Dominic Medile, a sixth-grade student at Westbrook Middle School, will present a tech talk on **Saturday, Feb. 22, at 10 a.m.**, at the Village Center.

Dominic will be available on select days to offer assistance with a wide range of tech tasks. The presentation will show he can help with phone settings, email, photo organization, Google searches, and more.

Following the presentation, Dominic will be available to answer questions.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

It's all about the lips!



Just in time for Valentine's Day, certified lipsologist Ariana Lightningstorm (aka Anna Snodgrass) will entertain us with lip print readings at the Village Center on **Saturday, Feb. 8, from 11 a.m. to 12 p.m.**

Using kiss cards, Ariana will collect the lip prints of guests at her "kissing station" and then will interpret select lip prints with humor and skill. Whether you're having your lip print read, or just listening to Ariana's interpretations, it promises to be a fun and entertaining afternoon.

Ariana, whom many will recognize as a long-time fortune teller at our July 4th celebrations, is one of only nine certified lipsologists worldwide.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

The Village Book Club will meet on **Tuesday, Feb. 18, at 11 a.m.** The book selection is "Eleanor Oliphant is Completely Fine" by Gail Honeyman. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Looking ahead: The March book selection will be "Heartland: A Memoir of Working Hard" by Sarah Smarsh.

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ON THE GO

Satire, Continued from page 1

rize the people and places that employed them for an office holiday party. Their slogan is "We put the Mock in democracy." But it's all in good fun! They have recorded 35 albums; the latest one entitled, "The Lyin' Kings."

Over the years, the Capitol Steps has performed on various TV networks, and on National Public Radio nationwide with their "Politics Takes a Holiday" specials.

The Capitol Steps has received widespread acclaim, including four "wammies" in the Cabaret/Musical Performance category from the Washington Area Music Association.

The cost of the trip, which includes round-trip transportation, orchestra seat and all taxes and gratuities, is \$76. Sign up immediately at the Village Center.

Space is limited.

Music, Continued from page 1

She is a performer and music teacher and last spoke at the Village Center in July when she discussed the connection between music and brain development in children and those recovering from traumatic brain injury.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Feb. 6, 7 p.m. —Movie— “Maleficent” —

This science-fiction/fantasy explores the untold story of how Maleficent’s pure heart turns to stone when her idyllic existence in a forest kingdom is threatened by an invading army. She casts an irrevocable curse on the new king’s infant daughter Aurora. Her desire for revenge to protect her home on the Moors creates an escalating conflict as Aurora grows. Maleficent comes to understand that the child may hold the key to return peace to the land. Critics have praised the enchanting score, which is the backdrop to dazzling special effects. Although there are dark moments that may frighten the youngest children, this Disney movie is intended for the whole family. Stars Angelina Jolie and Elle Fanning. Rated PG. Running time: 97 minutes.

Thursday, Feb. 13, 7 p.m. —Movie— “Harriet” —

This biopic is based on the thrilling and inspirational life of Harriet Tubman. Moviegoers journey with Tubman as she escapes from slavery and transforms into an iconic freedom fighter. Through the Underground Railroad, Tubman led dangerous missions to save hundreds of slaves with courage, tenacity and ingenuity. Cynthia Erivo shines in her portrayal of Tubman, a courageous and charismatic woman dedicated to core American values centered on personal freedom and self empowerment. Attention to detail is noted in authentic period costumes. Directed by Kasi Lemmons, with a beautiful score by Terrence Blanchard. Also stars Leslie Odom Jr. and Janelle Monae. Rated PG-13. Running Time: 125 minutes.



Thursday, Feb. 20, 7 p.m. —Movie— “Motherless Brooklyn” —

Private detective Lionel Essrog is on a mission in this film noir. His mentor Frank Minna has been murdered. Before his murder, Minna had taken a lost Lionel under his wing and taught him how to positively channel his obsessive mind and Tourette’s syndrome for

good. Set in 1950s Brooklyn, Essrog, with his tics and verbal outbursts, travels to jazz clubs in Harlem, the streets of Brooklyn and power centers in Manhattan to uncover clues that will help him solve the mystery of Minna’s death. As he doggedly pursues justice for his mentor, Essrog uncovers a complicated web of clashes between black residents and powerful city planners. Adapted from the screenplay from a best-selling novel by Jonathan Lethem in 1999. Stars Edward Norton, Bruce Willis, Willem Dafoe, Bobby Cannavale, Gugu Mbatha-Raw, and Cherry Jones. Rated: R. Running Time: 144 minutes.

Thursday, Feb. 27, 7 p.m. —Movie— “The Third Man” —

Orson Welles and Joseph Cotten star in this classic 1949 movie based on the novel by Graham Greene. Cotten plays Holly Martins, a writer of pulp westerns and childhood friend of Harry Lime, played by Orson Welles. When down and out Holly arrives in post-war Vienna on the doorstep of his old friend, he discovers Lime is dead, killed in a street accident. Martins also learns that his friend was wanted by the police for black market activities in the shadowy Austrian city devastated by the war. As Holly investigates the accident, he becomes convinced that a “third man” was involved in the death of his friend. Holly falls in love with Lime’s girlfriend as he attempts to solve the mystery of the untimely death. Not rated. Running Time: 104 minutes.



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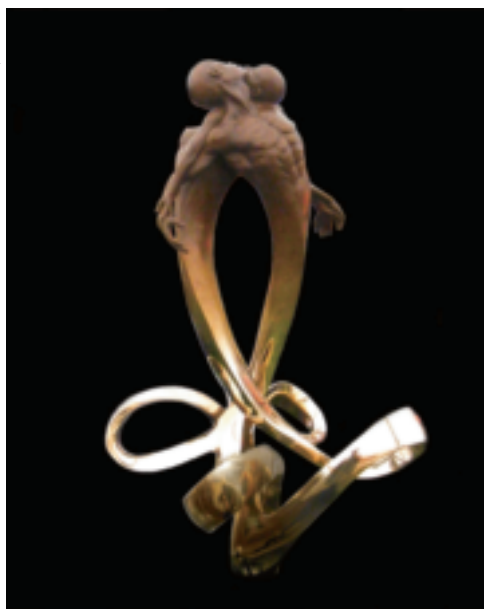
ART and CULTURE

African-American artists and their work celebrated in February in the Friendship Gallery

"Common Bond," the African American Art Exhibit celebrating African American History Month, will once again be featured at Friendship Gallery in February.

The exhibit presents 18 local and internationally known African American artists in a wide variety of disciplines, all celebrating the artist and culture within and inspired by a legacy of ancient and contemporary influences.

Curated by Llewellyn Berry, the theme, "A Black Aesthetic," is based on an essay by Addison Gayle, and reflects the continual search faced by all artists to find and refine the creative urging that is omnipresent and especially



"Infinity" by Michael Platt

present in the spirit, energy, and community of the African American artist.

February affords us a moment to focus on these and other artists who so greatly influence regional and global artistic trends" said Berry, "and continue to unveil a vibrant cultural narrative.

Meet the artists at a reception on **Sunday, Feb. 9, from 11:30 a.m. to 1 p.m.**



"First Light" by Hubert Jackson

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all art sales are final.

Discover how much fun fiber can be on Fridays at the Center

Fiber enthusiasts, ranging from knitting and crocheting to weaving and needlepoint, are invited to bring current projects, ideas for future projects, or any questions related to fiber and fiber arts on Fridays, from 1 to 2:30 p.m.

For information, call Joan Lewis at 301-654-7415.



Learn the basics of knitting at our Saturday workshop

Second Story Knits will present a two-hour beginning knitting workshop on **Saturday, Feb. 29, from 10 a.m. to 12 p.m.** at the Village Center.

During this workshop, participants will learn to cast on and knit, how to choose yarn for projects, and some basic pattern reading.

Participants will be given a ball of yarn and a pair of knitting needles. At the end of the class, each participant will have the beginning of a scarf and all the necessary skills to complete it.

The cost of the workshop is \$30 for residents; \$35 for nonresidents. Sign up immediately at the Village Center. Residents who sign up by Feb. 14 pay only \$25. The deadline to register is Feb. 22.

For more information, call the Village Center at 301-656-2797.

Friendship Heights
Village Center



Calendar
of Events 2020

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Make a little mountain music

Try your hand at music or just lend your voice during our monthly Mountain Music Jam and sing-along on **Monday, Feb. 24, from 6:30 to 8:30 p.m., at the Village Center.**

This informal music gathering invites you to jump right into the jam if you know basic chords in different keys. Guitars, banjos, mandolins, violins, dobros and harmonicas—they’re all welcome.

Or just come to listen and enjoy as the musicians gather to make great sounds together. Whether you’re picking with the musicians, singing along, or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.

1

8:15 a.m.: Walking Club
10 a.m.-12 p.m.: Chinese New Year Chinese Classes for Children Preview

<div>2</div> <div>9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>3</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club</div>	<div>4</div> <div>8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea</div>	<div>5</div> <div>10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: All in the Eyes 1 p.m. Music and the Aging Brain 5:30 p.m.: Community Advisory Committee meeting</div>	<div>6</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories 7 p.m.: Movie: Maleficent</div>	<div>7</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Natural Health 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends</div>	<div>8</div> <div>8:15 a.m.: Walking Club 11 a.m.: Lip Print Reading Program</div>
<div>9</div> <div>9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1 p.m.: Art Reception</div>	<div>10</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 3 p.m.: Renters Alliance Talk 6:30 p.m.: Monday Night Bridge Club 7:30 p.m.: Friendship Heights Village Council Meeting</div>	<div>11</div> <div>8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Express Yourself 3–4 p.m.: Tea</div>	<div>12</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 1 p.m. Suburban Lecture: 1 p.m.: All in the Eyes 7 p.m.: Concert: Tai Chi Demonstration</div>	<div>13</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 2 p.m.: Canasta Class 4–5:30 p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories 7 p.m.: Movie: Harriet</div>	<div>14</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends</div> <div></div> <div>Happy Valentine's Day</div>	<div>15</div> <div>8:15 a.m.: Walking Club 12–1 p.m.: Lunchtime Lessons: Great Courses DVD: Civil Rights Landmarks</div>
<div>16</div> <div>9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>17</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Presidents' Day Center Closes at 2 p.m. Shuttle bus runs on weekend schedule</div>	<div>18</div> <div>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea</div>	<div>19</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 1 p.m.: All in the Eyes</div>	<div>20</div> <div>8:15 a.m.: Walking Club 2 p.m.: Canasta Class 4–5:30 p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories 7 p.m.: Movie: Motherless Brooklyn</div>	<div>21</div> <div>9 a.m.: Depart for Craft Show in Baltimore 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends</div>	<div>22</div> <div>8:15 a.m.: Walking Club 10 a.m.: Tech Help</div>
<div>23</div> <div>9:30 a.m.–1 p.m.: Coffee and Sunday Papers</div>	<div>24</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club 6:30–8:30 p.m.: Mountain Music Jam and Sing-Along</div>	<div>25</div> <div>8:15 a.m.: Walking Club 10 a.m.–2 p.m.: MVA Mobile Office 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 1 p.m.: Balance and Fall Prevention 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength</div>	<div>26</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: All in the Eyes 7 p.m.: Concert: Leigh Goodwin- Black History Month Program</div>	<div>27</div> <div>8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 12–1 p.m.: Vision Resources Lunch and Learn 2 p.m.: Canasta Class 4–5:30 p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories 7 p.m.: Movie: The Third Man</div>	<div>28</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends</div>	<div>29</div> <div>8:15 a.m.: Walking Club 10 a.m.: Knitting Workshop</div>

Shuttle bus hours

Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

Highlighting Washington’s Civil Rights Sites during Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Feb. 15, at 12 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting “Washington’s Civil Rights Landmarks.”

We’ll provide a drink and something sweet. Please call 301-656-2797 to RSVP.

Save the Date: May 31- June 4 - Asheville, Biltmore, Hemings at Monticello tour and more



CLASSES AND CLUBS

PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Jan. 24–March 27. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Feb. 26–April 1. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Jan. 23–March 27. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art, which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new

ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight. Group will resume meeting beginning Feb. 6.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 10–April 14. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 24–Feb. 28. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to

11:50 a.m., March 4–April 8. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Jan. 27–March 2. Class will not meet Dec. 30. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Feb. 12–March 18. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

PILATES FOR POSTURAL STRENGTH

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Feb. 25–March 31. Pilates movements can enhance core stability by rebalancing muscles while

reinforcing correct spinal alignment. The essence of the class consists of standing positions and mat work for beginners/intermediate levels and how to transition from those postures. Please check with your physician before registering to see if this class is appropriate for you. Ginger Russell is Pilates-certified and has been an instructor in several modalities for 20 years. \$85 for residents; \$90 for nonresidents. Please bring a yoga mat and bath towel. Props are included.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., March 2–April 9. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, 9:10 to 10:30 a.m., March 1–April 5. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for two hours before class. \$78 for residents; \$90 for nonresidents.

JUST FOR FUN

CANASTA FOR BEGINNERS

It's a game that challenges your brain but is not so complex as bridge. This 4-week class, taught by Beryl Blecher, is great for beginners or players who just want to refresh their canasta skills. Meets Thursdays, 2 to 4 p.m., Feb. 13–March 5. Minimum of 5 students. \$15. Sign up by Feb. 8 and pay \$10. The first hour will be instruction; the second hour play. Manual will also be provided. Sign up at the Village Center no later than Feb. 10. See page 16 for details.

WORKSHOPS

WRITING SEMINAR

Barbara Rosenblatt teaches an afternoon follow-up workshop to her memoir-writing class on Monday, Feb. 24, from 1:30 to 3 p.m. Are you working on a memoir or nonfiction article? Would you value the expertise of an instructor and a group to help you to focus on your next step? This session offers writers the opportunity to share work with other writers under the leadership of an instructor, helping writers to transform a work in progress to a finished piece. The cost is \$20 for residents; \$30 for nonresidents. A minimum of five students is required. Sign up by Feb. 20.

BEGINNING KNITTING WORKSHOP

Learn the skills to complete a scarf during this two-hour workshop on Saturday, Feb. 29, from 10 a.m. to 12 p.m. Participants receive a pair of knitting needles and a ball of yarn. The cost is \$25 for residents; \$35 for nonresidents. Early registration discount available. See page 7 for details.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

EXPRESS YOURSELF

An aphasia support group is facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets on the second Tuesday of each month from 3 to 4 p.m.

FRIDAY FIBER FRIENDS

Gather with other knitters, crocheters, weavers, and other fiber enthusiasts on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-654-7415.

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

MONDAY EVENING BRIDGE

A bridge group meets on Mondays, 6:30–8:30 p.m. Its purpose is to improve players' skills. Each session involves a lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. All necessary supplies are provided. Totally free. Reservations are not necessary; just show up with your brain. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton brings toddlers together with senior citizens for a morning of fitness and fun on Tuesday, March 17 from 10:30 to

Continued on page 14, see Classes

CONCERTS

During January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Center.

Wednesday, Feb. 12—Taijiquan (Tai Chi)— Master Nick Gracenin and DC Tai Chi perform a fascinating martial arts program in celebration of the Chinese New Year. Tai Chi is familiar as a form of exercise and moving meditation, but Master Gracenin explores the depth of this tradition, with performances with solo and partner routines, sword and spear performances, and a rousing group exhibition of the Taiji Gongfu Fan. Demonstrations of other arts, including the “8-diagrams Palms” and “Form and will boxing” will be included. An exhibition of Wudang sword fencing and the 9-section whip will prove to be especially exciting. Master Gracenin will lead a session of gentle stretching and relaxation with a short Qigong activity when the performers take a break. Nick Gracenin is a fourth generation master of Taijiquan. He has learned from many of the foremost authorities in China, and is certified by the Chinese Wushu Association and the International Wushu Federation. Gracenin has been teaching since 1980, and at Friendship Heights Village Center for three years.



Wednesday, Feb. 26—The Leigh Goodwin Group— In honor of Black history month, The Leigh Goodwin Group will perform inspirational music expressed and performed by black Americans through the ages, from slavery to the present time. The performance combines gospel, blues, R&B, soul and protest songs. Leigh Goodwin will

guide audience members through the African-American experience, from the passage of Africans to this country to the present, in an engrossing “learn through music” experience. Ms. Goodwin has been the featured vocalist at Blues Alley, the Kennedy Center, the Willard room, the Peabody Institute and other prominent venues in the DC/ Baltimore area for 20 years. She is the lead vocalist for several area big bands, as well as for her own group, The Leigh Goodwin Trio and the Mosoundz Review band. Born in Queens, New York, Ms. Goodwin credits her love of vocal performance to her parents’ collective 30 years on Broadway and in Hollywood musicals to her own study at New York City’s Performing Art High School and the Dance Theater in Harlem. Please join us for this musical tribute in honor of Black history month.

Village Center Snow Policy

The Friendship Heights Village Center follows the Federal Government for closings and delays caused by inclement weather.

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TO YOUR HEALTH

Vision Resources Lunch and Learn



Hear about the new low vision learning center

There's a new resource in the neighborhood to help people who have difficulty seeing. Vision loss, even with glasses, contacts, medicine or surgery, can be scary, especially if it is new. The Prevention of Blindness Society of Metropolitan Washington (POB) aims to ease the transition and ensure one can optimize remaining sight through a new Low Vision Learning Center on St. Elmo Avenue in Bethesda.

Representatives from POB will be at the February Vision Resource Lunch and Learn at the Village Center on **Thursday, Feb. 27, from 12 to 1 p.m.** Sean Curry, a program manager, will discuss resources and services available at the new center. Chrisine Huang will discuss her specialty — low vision occupational therapy.

Learn more about how to keep your eyes healthy while enjoying lunch. The event is free, but please call the Village Center at 301-656-2797 to reserve a space.

Improve your well-being through self-care

Self-care is vital to our overall well-being. A self-care plan can help you enhance your health and well-being, manage your stress, and maintain professionalism. Learn to identify activities and practices that support your wellbeing and help you to sustain positive self-care in the long-term.

Join us on **Wednesday, Feb. 12, from 1 to 2 p.m.**, at the Village Center when Suburban Hospital, in cooperation with EveryMind Educators, presents a workshop designed to help you develop a self-care plan.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

SELF-CARE WHEEL



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Classes, continued from page 11

11:30 a.m. All children must be accompanied by a parent or caregiver. Please call by March 10 if you plan to attend.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second Tuesday of the month.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340.

YIDDISH

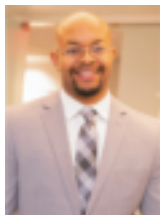
Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Exploring the growing field of regenerative medicine

Physician Mark Klaiman, MD will discuss the new and somewhat controversial field of regenerative medicine **Thursday, March 12, from 7 to 8:30 p.m.,** at the Village Center.

Dr. Klaiman practices at Point Performance in Bethesda. He has been a vanguard of regenerative medicine for years. Through procedures such as prolotherapy, PRP (Platelet Rich Plasma) and stem cell therapy, Dr. Klaiman treats patients' musculoskeletal conditions. He will answer your questions about this innovative type of medicine.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighborhood Network. Please call the Village Center at 301-656-2797 if you plan to attend.



Dr. Pierre Gordon

Dr. Pierre Gordon has been in practice for nearly 7 years providing Gynecologic care to women of the Maryland, DC and Virginia area. He is fellowship trained with nearly 500 Cosmetic procedures during his training. Dr. Gordon is expanding his services by providing surgical and nonsurgical Aesthetic care. He also is fluent in English, French, Spanish and Creole.



Dr. Adeline Coleman

Dr. Adeline Coleman has been practicing Medicine and Surgery for 13 years and is board certified in Obstetrics and Gynecology. I am having specials on Viveve treatments, Microneedling and Collagen Induction and stretchmark reduction treatments! Call our office and schedule an appointment today!

Roses
are red
Violets
are blue
Come visit our new doctors
& Stay healthy too!



Dr. Patricia Frye

Patricia Frye, MD brings years of experience in cannabis medicine to her practice. Her approach allows the patient to experience the benefits of cannabinoid medicines that are integrated into their medical regimen without adverse effects or undesired intoxication. She provides unique and effective recommendations to her patients who have chronic problems that have not responded well to conventional pharmaceuticals and/or procedures, but may benefit from cannabinoid medicine.



Dr. Virginia Sampang

She has completed her medical residency in Family Medicine and fellowship training in Geriatric Medicine from Medical Center of Central Georgia in Macon, GA. Dr. Sampang is committed towards providing excellent patient care and delivers a compassionate approach in treating her patients from childhood to adulthood.



Dr. Beverli Fontaine

Dr. Beverli Fontaine specializes in Dermatology and Cosmetic Dermatology. I focus on a thorough and results-driven approach to skin care, utilizing the latest medical advances to gently lead the patient on the road to seamless recovery. I am doing \$65 SKIN CHECKS ALL MONTH! Call our office and schedule an appointment today!

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Featured Listings by The Sam Solovey Group

The Carleton



Apt 907 | \$1,325,000
3BD 2.5 BA 1,944 SF | Large Floor Plan with Amazing Views



The Elizabeth



Apt 916 | \$269,000
2BD 1BA 1,031 SF | Great Layout and Excellent Value for 2BD



The Willoughby



Apt 2402N | \$210,000
Efficiency 454 SF | Top Floor with Lots of Natural Light



Sam Solovey
Vice President, Compass
Realtor® DC/MD/VA
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A board game to remember

Learn how to use your photos and stories to get a dose of creative engagement every day when Patricia Dubroof presents “Making Memories Together” on **Wednesday, March 18, at 1 p.m., at the Village Center.**

“Making Memories Together” is an award-winning noncompetitive board game designed for persons with major memory disorders such as Alzheimer’s. The game uses Memory Cards, made from families personal pictures. The game has been featured on CBS TV’s “Healthwatch,” and won a first place award in an International Healing Arts Competition.

For details or to sign up, call the Village Center at 301-656-2797. The event is free.



Take a crash course in Canasta

Don’t let your brain go into hibernation when the weather turns cooler. Learn a new skill or play a new game. Why not try Canasta? Not so complex as bridge, but still challenging, Canasta offers players a chance to meet new people or get together with old friends for an hour or two. This four-week course, taught by Beryl Blecher, is great for beginners or players who just want to refresh their Canasta skills! Meet Thursdays, from 2 to 4 p.m., Feb. 13-March 5, at the Village Center. The first hour will be instruction; the second hour play. The cost is \$15. Sign up by Feb. 8 and pay just \$10. The deadline to sign up is Feb. 10. For details, call the Village Center at 301-656-2797.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

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February 2020 events calendar